



Freda's Cherry Supreme Salad

 Gluten Free

READY IN



180 min.

SERVINGS



10

CALORIES



307 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounce pineapple crushed undrained canned
- 21 ounce cherry pie filling canned
- 3 ounce cream cheese
- 3 ounce jell-o® mix lemon flavored
- 0.3 cup juice of lemon
- 2 cups marshmallows miniature
- 0.3 cup mayonnaise
- 3 ounce strawberry jell-o® mix flavored

- 0.5 cup walnuts chopped
- 0.8 cup water boiling
- 0.5 cup whipped cream

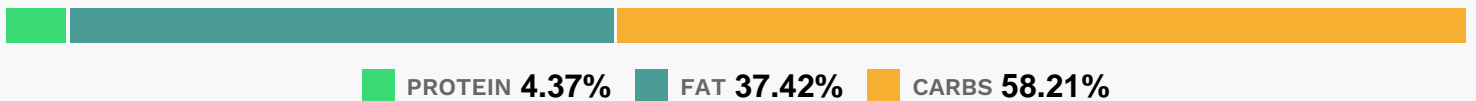
Equipment

- bowl
- frying pan

Directions

- Dissolve the strawberry gelatin in 1 cup of boiling water. Stir in the cherry pie filling, then spread the mixture into a 7x11 inch pan, and refrigerate until nearly set, about 45 minutes.
- Dissolve the lemon gelatin in 3/4 cup boiling water; stir in the lemon juice, and set aside. Mash the cream cheese in a separate bowl until soft, then stir in the mayonnaise.
- Pour the lemon gelatin into the cream cheese mixture and stir until smooth. Next, stir in the undrained pineapple. Finally, fold in the marshmallows and whipped cream.
- Spread the pineapple mixture over the chilled cherry layer, and sprinkle with chopped walnuts. Chill in the refrigerator until fully set, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:5.35, Inflammation Score:-3, Nutrition Score:4.3169565330381%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 306.53kcal (15.33%), Fat: 13.09g (20.14%), Saturated Fat: 3.39g (21.16%), Carbohydrates: 45.83g (15.28%), Net Carbohydrates: 44.76g (16.28%), Sugar: 24.54g (27.26%), Cholesterol: 14.01mg (4.67%), Sodium: 173.63mg (7.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.89%), Vitamin K: 12.72µg (12.12%), Manganese:

0.22mg (11.12%), Copper: 0.2mg (10.09%), Vitamin C: 6.71mg (8.14%), Phosphorus: 69.37mg (6.94%), Vitamin A: 274.54IU (5.49%), Magnesium: 19.07mg (4.77%), Fiber: 1.07g (4.29%), Vitamin B1: 0.06mg (4.26%), Selenium: 2.88µg (4.11%), Potassium: 141.54mg (4.04%), Vitamin B6: 0.08mg (4.02%), Vitamin B2: 0.05mg (3.18%), Folate: 12.31µg (3.08%), Calcium: 29.5mg (2.95%), Vitamin E: 0.39mg (2.61%), Iron: 0.45mg (2.52%), Zinc: 0.31mg (2.06%), Vitamin B5: 0.15mg (1.52%), Vitamin B3: 0.24mg (1.19%)